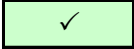




















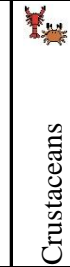
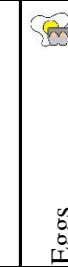
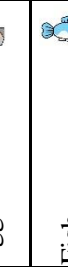

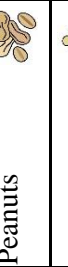



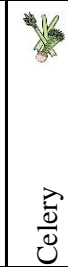

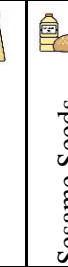
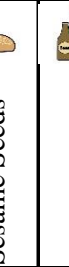



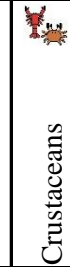
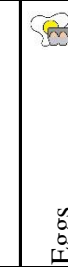
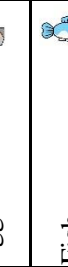

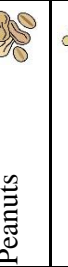



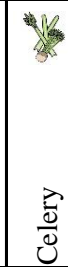

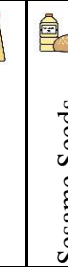
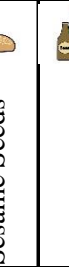












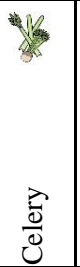
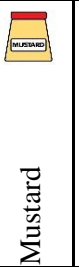



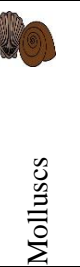
Core evening menu - Allergen Information

Key															
	Suitable for a vegan diet		Does Not contain allergen								May Contain this allergen				
	Not suitable for a vegan diet		Contains allergen												
At Leeds Teaching Hospitals Trust, we make every effort to ensure that clear and accurate allergen information is available to you, as required under the Food Information for Consumers regulations, concerning the 14 major allergens (Cereal, Crustaceans, Eggs, Fish, Peanuts, Soya, Milk, Nuts, Celery, Mustard, Sesame Seeds, Sulphur Dioxide, Lupin & Molluscs). Should you require information with regards to the specific ingredients of a dish, or allergens other than those listed, please discuss with a member of staff so that you can make an informed choice.															
Meal Item Description (alphabetical)	Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Apple	✓														
Ingredients: apple															
Apple crumble	✓														
Ingredients: Bramley apple, water, sugar, wheat flour (with calcium, iron, niacin, thiamin), Bramley apple puree, vegetable oils (palm, rapeseed), oats , cornflour, cane molasses.															
Apricot crumble	✓														
Ingredients: apricot, sugar, wheat flour (with calcium, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), oats , modified starch, cane molasses.															
Baked Chicken & Vegetable Pie	×														
Ingredients: Cooked chicken, water, wheat flour (with calcium, iron niacin, thiamin), vegetable oils (palm & rapeseed & sun flower), Carrot, swede, onion, parsnip, cornflour, salt, yeast extract, caramelised sugar, starch, concentrated carrot juice, onion powder, dextrin, sugar, natural flavourings, concentrated onion juice, chicken stock, dark brown sugar, dried onion, rice flour, tomato concentrat, pepper, dextrose, colours (carrotin, paprika extract)															

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs	
Baked vegetable pie	×															
Ingredients: wheat flour (with calcium, iron, niacin, thiamin), water, sweet potato, vegetarian cheese (milk), vegetable oils (palm, rapeseed), green beans, peas, potato, cauliflower, cream (milk), onion, skimmed milk powder , cornflour, butter (milk), starch, chives, natural flavouring, dextrin, salt, mustard powder , ground nutmeg, pepper, dextrose, colours (carotenes, paprika extract).																
Bakewell tart	×															
Ingredients: wheat flour (with calcium, iron, niacin, thiamin), water, sugar, vegetable oils (rapeseed, palm), glucose-fructose syrup, stabiliser blend [sucrose, egg powder , wheat starch , starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], raspberry puree, plum puree, apple puree, dried potato, natural flavourings, acidity regulators (citric acid, trisodium citrate), elderberry concentrate, colour (anthocyanins), gelling agent (pectin).																
Banana	✓															
Ingredients: banana																
Bean chilli	✓															
Ingredients: water, red kidney beans, tomato, borlotti beans, haricot beans, peppers, onion, tomato puree, lentils, cornflour, vegetable oils (rapeseed, sunflower), pea protein, salt, ground cumin, garlic, ground paprika, natural flavouring, caramelised sugar, ground cinnamon, yeast extract, ground coriander, ginger, dried onion, dried leek, pepper, sugar, dried carrot, chilli powder, dried tomato, ground turmeric, dried thyme, ground bay leaf, mustard , soya .																
Beef lasagne	×															
Ingredients: water, beef, Cheddar cheese (milk), durum wheat semolina , vegetable oils (rapeseed, sunflower), cornflour, tomato, milk proteins, carrot, onion, tomato puree, salt, starch, stabiliser (cellulose), garlic, fructose, yeast extract, natural flavourings, pepper, caramelised sugar, dried oregano, dried thyme, sugar, dried onion, ground paprika, beef extract.																
Boiled rice	✓															
Ingredients: Water, Rice																
Bread and butter pudding	×															
Ingredients: water, glucose-fructose syrup, bread (wheat flour (with calcium, iron, niacin, thiamin), water, yeast, salt, soya flour , preservative (calcium propionate), emulsifiers (mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid)), sultanas, dried milk , sugar, orange pulp, dried egg powder , butter (milk) , currants, modified starch, acidity regulators (trisodium citrate, citric acid), thickener (pectin), ground cinnamon, sunflower oil, ground nutmeg, natural flavouring.																
Breaded fish fillet	×															
Ingredients: MSC Haddock (FISH), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast.																



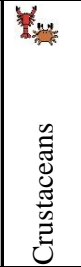




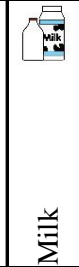
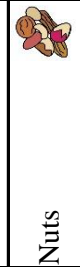
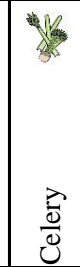
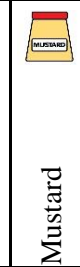
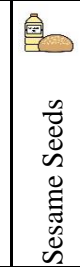

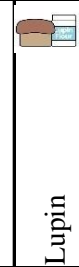
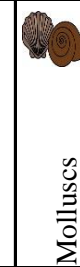
Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Bread roll	×														
Ingredients: Wheat flour (with calcium, iron, niacin, thiamin), water, yeast, salt, acidity regulator E170, emulsifiers (E471, E472e, E481) flour treatment agent E300, rapeseed oil, preservative: E282, enzyme.															
Broccoli	✓														
Ingredients: broccoli															
Chana masala	✓														
Ingredients: chickpeas, water, tomato puree, onion, vegetable oils (rapeseed, sunflower), peppers, coriander leaf, pea protein, cornflour, ground cumin, garlic, ginger, salt, ground coriander, yeast extract, dried onion, dried leek, sugar, mustard powder , dried carrot, chilli powder, dried tomato, ground turmeric, pepper, dried thyme, ground bay leaf.															
Cheddar cheese and coleslaw salad	×														
Ingredients: (Cheese) MILK , pasteurised cow's milk , salt, starter culture, non animal rennet. Salad: iceberg lettuce, Lollo Rosso lettuce, tomatoes, cucumber, shredded carrot Coleslaw: Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar whole EGG Powder, Salt, Stabiliser (Xanthan Gum), MUSTARD flour, Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Carrot, Onion															
Cheddar cheese and crackers	×														
Ingredients: cheese (MILK), pasteurised cow's milk , salt, starter culture, non animal rennet. Margarine: vegetable oils (sunflower oil, palm oil), water, salt, emulsifier (mono and di-glycerides of fatty acids) preservative (potassium sorbate), vitamin E, citric acid, flavouring, colour (beta carotene), vitamin A and vitamin D. Crackers: WHEAT flour, vegetable fat (palm fat), yeast, salt, raising agent (sodium bicarbonate).															
Cheese omelette	×														
Ingredients: EGG , MILK , Cheese (MILK) , EGG White, Rapeseed Oil, Thickener (Xanthan Gum), Salt, White Pepper.															
Cheese on white	×														
Ingredients: bread - WHEAT Flour [with added Calcium Carbonate, Niacin, Iron, Thiamin], Water, Salt, Yeast, Spirit Vinegar, WHEAT Protein, Emulsifiers [E471, E472(e)], Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, WHEAT Flour. Cheddar cheese: (MILK), (Pasteurised Cow's MILK , Salt, Starter Culture, Non Animal Rennet). Spread: Plant Oils (Sunflower Oil, rapeseed, Palm, linseed), Water, Salt, plant based emulsifer (sunflower lecithin), vinegar, natural flavourings, vitamin A															
Chicken and vegetable casserole	×														
Ingredients: cooked chicken, water, carrot, swede, chestnut mushroom , onion, tomato puree, cornflour, vegetable oils (rapeseed, sunflower), garlic, salt, cranberries, sugar, starch, roast chicken carcass, caramelised sugar, mushroom powder, rosemary, thyme, ground bay leaf, pepper, yeast extract, carrot juice concentrate, leek juice concentrate.															



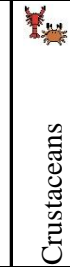
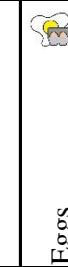
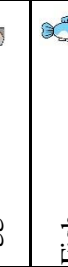

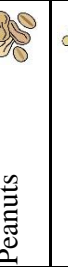



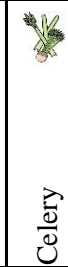

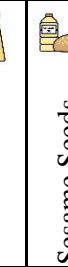
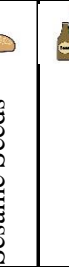

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs	
Chicken cheese and bacon bake	x															
Ingredients: potato, water, cooked chicken , cheese (milk), cream (milk), cooked formed pork belly, vegetable oils (rapeseed, palm), onion, skimmed milk powder , modified starch, stabilisers (cellulose, diphosphates, triphosphate), starch, salt, chives, mustard powder , dextrose, roast chicken carcass, pepper, sugar, yeast extract, cornflour, antioxidant (sodium ascorbate), preservative (sodium nitrite), tomato puree, carrot juice concentrate, leek juice concentrate.																
Chicken curry	x															
Ingredients: cooked chicken, water, onion, tomato, tomato puree, apple, cornflour, mango chutney [sugar, mango, salt, vinegar, spices (paprika, chilli), thickener (pectin)], sultanas, peppers, vegetable oils (rapeseed, sunflower), ground spices (cumin, turmeric, coriander, pepper, mustard , fenugreek, ginger, clove, fennel), sugar, salt, starch, lemon juice from concentrate, garlic, ginger, caramelised sugar, garlic powder.																
Chicken tikka masala	x															
Ingredients: cooked chicken, tomato, water, onion, yoghurt (milk), tomato puree, coconut, ginger, desiccated coconut, garlic, vegetable oils (rapeseed, sunflower), salt, smoked paprika, modified starch, starch, roast chicken carcass, ground coriander, ground cumin, ground cardamom, ground fenugreek, ground ginger, onion powder, chilli powder, sugar, yeast extract, cornflour, carrot juice concentrate, leek juice concentrate.																
Chilli con carne	x															
Ingredients: beef, water, tomato, red kidney beans, peppers, tomato puree, cornflour, rapeseed oil, salt, yeast extract, chilli powder, natural flavouring, ground cumin, ground paprika, sugar, beef stock, pepper.																
Custard	x															
Ingredients: Sugar, Whey Powder (MILK), modified maize starch, palm oil, palm fat, MILK proteins, anti-caking agent (silicon dioxide), flavouring, colour (annatto norbixin)																
Egg mayonnaise on white	x															
Ingredients: EGGS , Extra Thick Mayonnaise (Rapeseed Oil, Water, Pasteurised Whole EGG , Spirit Vinegar, Liquid Sugar (Sugar, Water), Salt, Stabilisers (E412, E415), MUSTARD Flour , Preservative (E202)), Pepper (White). WHEAT Flour [with added Calcium Carbonate, Niacin, Iron, Thiamin], Water, Salt, Yeast, Spirit Vinegar, WHEAT Protein , Emulsifiers [E471, E472(e)], Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, WHEAT Flour																
Egg mayonnaise on wholemeal	x															
Ingredients: EGGS , Extra Thick Mayonnaise (Rapeseed Oil, Water, Pasteurised Whole EGG , Spirit Vinegar, Liquid Sugar (Sugar, Water), Salt, Stabilisers (E412, E415), MUSTARD Flour , Preservative (E202)), Pepper (White). Wholemeal WHEAT Flour , Water, WHEAT Protein , Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, WHEAT Flour .																

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Fish pie	×														
Ingredients: potato, water, salmon (fish) , smoked haddock (fish) , dried milk , cream (milk), leek, onion, vegetable oils (rapeseed, sunflower), cornflour, chives, yeast extract, salt, mustard seeds , dill, tarragon, vinegar, fish stock, stabiliser (hydroxypropyl methyl cellulose), natural flavouring (contains fish), pepper.															
Fruit scone, jam and butter	×														
Ingredients: Fortified wheat Flour (Wheat flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sultanas, Palm Oil, Rapeseed Oil, Egg , Whey Powder (Milk), Raising agents: Disodium Diphosphate, Sodium Bicarbonate; Egg White, Salt. Glucose-Fructose Syrup, Strawberries, Sugar, Gelling Agent: Pectins, Acidity Regulators: Citric Acid, Sodium Citrates. Butter (Milk), Rapeseed Oil, Water, Lactic Acid culture, Salt															
Garden peas	✓														
Ingredients: peas															
Garlic bread	×														
Ingredients: Fortified Wheat flour (Wheat flour , calcium carbonate, Iron, niacin, Thiamin), Water, Margarine (Rapeseed and palm oils, water, Emulsifier: Mono- and Di-glycerides of Fatty Acids; Flavouring, Colours: Annatto, Curcumin), Garlic Puree, Yeast, Salt, Flour Treatment Agent: Calcium Sulphate, Ascorbic Acid; Parsley, Marjoram, Sage, Oregano, Wheat flour															
Gravy	×														
Ingredients: Potato Starch, Maltodextrin, Palm Oil, Salt, Wheat Flour (with Added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain Barley), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains Soya)															
Green beans	✓														
Ingredients: green beans															
Ham and leek crumble	×														
Ingredients: cooked formed pork, leek, water, wheat flour (with calcium, iron, niacin, thiamin), dried milk , apple, vegetable oils (rapeseed, sunflower), dry cured oak smoked bacon (pork, salt, sugar, preservatives (potassium nitrate, sodium nitrite)), onion, cornflour, honey, salt, mustard powder , garlic, dextrose, ground nutmeg, stabiliser (triphosphates), dried sage, natural flavouring, yeast, antioxidant (sodium ascorbate), preservative (sodium nitrite).															
Ham on white	×														
Ingredients: Pork, Water, Cure (Modified Starch, Salt, Stabiliser (E451), Antioxidant (E301), Preservative (E250), Salt, Preservatives (E325, E262). WHEAT Flour [with added Calcium Carbonate, Niacin, Iron, Thiamin], Water, Salt, Yeast, Spirit Vinegar, WHEAT Protein, Emulsifiers [E471, E472(e)], Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, WHEAT Flour. Spread - Plant Oils (Sunflower Oil, rapeseed, Palm, linseed), Water, Salt, plant based emulsifer (sunflower lecithin), vinegar, natural flavourings, vitamin A															

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Ham on wholemeal	×														
Ingredients: Pork, Water, Cure (Modified Starch, Salt, Stabiliser (E451), Antioxidant (E301), Preservative (E250), Salt, Preservatives (E325, E262). Spread - Plant Oils (Sunflower Oil, rapeseed, Palm, linseed), Water, Salt, plant based emulsifer (sunflower lecithin), vinegar, natural flavourings, vitamin A. Wholemeal WHEAT Flour, Water, WHEAT Protein, Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, WHEAT Flour.															
Jam sponge	×														
Ingredients: glucose-fructose syrup, sugar, water, wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, stabiliser blend (sucrose, egg powder , wheat starch , starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)), raspberry puree, plum puree, apple puree, acidity regulators (citric acid, trisodium citrate), natural flavourings, elderberry concentrate, colour (anthocyanins), gelling agent (pectin).															
Lemon flavour sponge	×														
Ingredients: water, sugar, wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, stabiliser blend (sucrose, egg powder , wheat starch , starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)), cornflour, lemon juice concentrate (contains sulphites), natural Sicilian lemon flavouring, acidity regulator (citric acid), natural flavouring, colour (lutein).															
Lentil and vegetable flaky top pie	✓														
Ingredients: water, tomato, lentils, wheat flour (with calcium, iron, niacin, thiamin), vegetable oils (rapeseed, palm, sunflower), carrot, onion, courgette, tomato puree, cornflour, natural flavouring, yeast extract, dried carrot, sugar, dried tomato, salt, dextrin, pepper, ground bay leaf, thyme, dried oregano, ground turmeric, emulsifier (mono- and diglycerides of fatty acids), dried thyme, dextrose, colours (carotenes, paprika extract), mustard , soya .															
Macaroni cheese	×														
Ingredients: water, durum wheat semolina , vegetarian Regato cheese (milk), vegetarian Cheddar cheese (milk), skimmed milk powder , modified starch, palm oil, butter (milk), starch, salt, pepper, ground nutmeg.															
Mandarins in juice	✓														
Ingredients: Mandarin, Apple Juice from Concentrate, Citric Acid, Ascorbic Acid															
Mashed potato	×														
Ingredients: Potato, Milk , Butter (Milk), Salt, White Pepper															

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Mixed vegetables	✓														
Ingredients: Carrots, Peas, Green Beans, Broad Beans, Sweetcorn															
Mushy peas	✓														
Ingredients: Rehydrated Processed Peas, Water, Sugar, Salt, Colours (Carotens E160a- Chlorophyllin E141)															
Orange	✓														
Ingredients: orange															
Oven chips	✓														
Ingredients: Potatoes, Batter (Modified Potato Starch, Rice Flour, Dextrin, Pea Fibre, Tumeric Extract, Stabiliser (Xanthan Gum), Pea Protein, Colour (Paprika Extract)), Sunflower Oil, Salt															
Penne pasta in tomato and basil sauce	✓														
Ingredients: tomato, water, durum wheat semolina , onion, courgette, peppers, tomato puree, wheat gluten , vegetable oils (rapeseed, sunflower), cornflour, basil, natural flavouring, garlic, salt, dried oregano, yeast extract, pepper, dried onion, dried leek, sugar, dried carrot, dried tomato, ground turmeric, dried thyme, ground bay leaf.															
Pineapple in juice	✓														
Ingredients: Pineapple, Mixed Fruit Juice from Concentrate (Apple, Pineapple), Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)															
Potato, cheese and leek bake	×														
Ingredients: potato, water, vegetarian cheese (milk), leek, onion, vegetable oils (sunflower, rapeseed, palm), skimmed milk powder , chives, modified starch, starch, parsley, salt, cornflour, yeast extract, dried onion, dried leek, sugar, dried carrot, dextrose, pepper, dried tomato, ground turmeric, dried thyme, ground bay leaf.															
Rice pudding	×														
Ingredients: Skimmed MILK , Rice, Sugar, Acidity Regulator:Sodium Carbonates.															
Roast chicken Breast in gravy	×														
Ingredients: Water, steamed roast chicken breasts, corn flower, rapeseed oil, tomatoes puree, salt, natural flavouring, roast chicken carcass, caramelised sugar, sugar, yeast extract, carrot juice concentrate, leek juice concentrate															

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Roast pork in gravy	×														
Ingredients: water, roast formed pork, cornflour, rapeseed oil, tomato puree, salt, natural flavouring, dextrose, roast chicken carcass, caramelised sugar, stabiliser (triphosphates), sugar, yeast extract, carrot juice concentrate, leek juice concentrate.															
Roast potatoes	×														
Ingredients: Potatoes, Batter (WHEAT flour (with Calcium, Iron, Niacin, Thiamin), Potato Dextrin, Rice flour, Salt, modified potato starch, turmeric extract, colour (paprika extract), sunflower oil),															
Saute potatoes	✓														
Ingredients: potato, sunflower oil, dextrose.															
Sliced carrots	✓														
Ingredients: carrots															
Spring cabbage	✓														
Ingredients: shredded cabbage															
Sprouts	✓														
Ingredients: sprouts															
Sweetcorn	✓														
Ingredients: sweetcorn															
Syrup sponge	×														
Ingredients: partially inverted sugar syrup, water, wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, sugar, stabiliser blend [sucrose, egg powder , wheat starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], natural flavouring.															
Thick and creamy yoghurt	×														
Ingredients for strawberry: Yogert (MILK), Water, Sugar, Modified Maize Starch, Flavourings, Caramel, Acidity Regulator, Citric Acid. Ingredients for toffee: Yogurt (MILK), Water, Sugar, Modified Maize Starch, Flavourings, Caramel, Acidity Regulator, Citric Acid															

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Tuna mayonnaise and coleslaw salad	×														
Ingredients: tuna mayonnaise: Tuna (FISH) , Extra Thick Mayonnaise (Rapeseed Oil, Water, Pasteurised Whole EGG , Spirit Vinegar, Liquid Sugar (Sugar, Water), Salt, Stabilisers (E412, E415), MUSTARD Flour , Preservative (E202)). Coleslaw: Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, whole EGG Powder , Salt, Stabiliser (Xanthan Gum), MUSTARD flour , Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Carrot, Onion. Salad: Iceberg Lettuce, Lollo Rosso Lettuce, Raddicio Lettuce, Tomatoes, Cucumber, Shredded Carrot															
Tuna pasta bake	×														
Ingredients: water, tomato, durum wheat semolina, tuna (fish), vegetable oils (rapeseed, palm, sunflower), onion, cornflour, skimmed milk powder , cheese (milk), tomato puree, salt, sugar, basil, garlic, pea protein, pepper, starch, yeast extract, dried onion, dried leek, dried carrot, dried tomato, ground turmeric, dried thyme, ground bay leaf.															
Vegetable lasagne	×														
Ingredients: water, tomato, vegetarian Cheddar cheese (milk), peppers, durum wheat semolina , onion, mushroom, dried milk , vegetable oils (rapeseed, sunflower), tomato puree, cornflour, spinach, natural flavouring, garlic, starch, basil, yeast extract, dried carrot, sugar, pepper, dried tomato, salt, extra virgin olive oil, ground turmeric, dried thyme, ground bay leaf, acidity regulator (acetic acid).															
Vegetarian sausage casserole	×														
Ingredients: vegetarian sausage: (rehydrated textured soya protein (water, soya protein isolate , starch, wheat gluten , stabiliser (dicalcium phosphate)), water, onion, rapeseed oil, seasoning (yeast extract, salt, salt replacer (potassium chloride), dextrose, sugar, dried sage, pepper, nutmeg, rusks (contains wheat flour), onion powder, carrot powder, natural flavouring, spice extracts (nutmeg, pepper, ginger, coriander, pimento), sage extract, thyme extract), dried egg white , soya protein , stabiliser (methyl cellulose)), water, tomato, swede, carrot, haricot beans, tomato puree, parsnip, onion, sugar, cornflour, vegetable oils (rapeseed, sunflower), natural flavouring, garlic, yeast extract, salt, dried onion, basil, dried oregano, dried leek, caramelised sugar, dried carrot, pepper, dried sage, dried tomato, ground turmeric, dried thyme, ground bay leaf.															
Yorkshire pudding	×														
Ingredients: Fortified WHEAT Flour (WHEAT Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Whole EGG , EGG White , Water, rapeseed Oil, Skimmed MILK Powder , Salt															